



Rolting® Structural Integration Improved Body Structural Function and Alignment

Rolting Structural Integration is a hands-on form of body work that targets the connective tissue, a cobweb-like membrane that surrounds all the muscles and organs of the body. Its approach is to gently work on the affected areas by kneading and stretching the tissue to reposition and improve function. Over time after repetitive motion injuries, surgery or accidents, this tissue can become restricted which limits the function in that area of the body.

The Downing Clinic has had a Certified Advanced Rolfer available to the public since 2010. Kathleen Strauch has provided support, relief and improved alignment and function for hundreds of our patients and self-referred individuals.

Kathleen recently attended a conference on visceral manipulation taught by Liz Gaggini, a Certified Advanced Rolfer from New York. Organs can also affect structural balance, and through gentle touch focusing on various organs, Kathleen is now able to address these effects as well as symptoms relating to the organ.



Kathleen Strauch

For instance, each of the three parts of the colon (ascending, transverse and descending) has a subtle rhythm. If the three areas are not coordinated, it can cause constipation, loose stool, cramping, a bloated abdomen and low back pain. If the kidney energy or heart energy is not balanced, that can cause mid back pain. Kathleen has become interested in how the basic energy of the body can be enhanced and rebalanced. She recently became a Foundational Reconnective Healer through a course taught by Eric Pearl, DC, from Los Angeles, author of *The Reconnection*. These sessions can be scheduled instead of Roling SI sessions or as part of a longer session.

Kathleen welcomes new patients by appointment 248-625-6677 on Tuesdays and Fridays at The Downing Clinic, 5715 Bella Rose Blvd., Clarkston. For more information, please go to the Services section of TheDowningClinic.com and scroll down to the Roling tab. See ads pages 23 & 54.

For more information about Roling, visit [Cosozo.com/search/node/Roling](http://Cosozo.com/search/node/Rolting).